In June of 2016, the state of California enacted the End of Life Option Act. This law made it legal for terminally ill adults with capacity, the right to request lethal doses of drugs from a physician. The law specifies that the patient requesting must be a California resident, at least 18 years old, and with a prognosis of 6 months or less. Patients must also have decision making capacity and have the physical ability to take the drug themselves.

UCSD allows its attending physicians, if they choose, to carry out the End of Life Option Act, and allows other providers/employees, if they choose, to participate in relevant supporting roles. Participation in activities authorized under the act is completely voluntary, and all UCSD employees may choose not to engage in activities related to the act.

Although UCSD allows for its physicians to prescribe the aid in dying medications, UCSD does NOT permit the ingestion of aid in dying drugs within its hospitals, clinics, or elsewhere on its premises. Patients must leave UCSD premises before ingesting the drug.

**What to do if a patient asks about the California End of Life Option Act?**

UCSD has a program in place that provides a specially trained social worker available 24/7 to counsel them on care options, including the end of life option act. These on-call social workers are trained in all of the requirements of seeking the end of life option act and the UCSD policy, and can help the patient navigate through the process. If a patient asks you about the end of life option, you can page the specially trained social worker by searching “aid in dying” in the web-paging system.

**What is my role in the End of Life Option Act? (Nurses)**

Remember that any participation in activities related to the act is completely voluntary. According to our nursing code of ethics, nurses cannot administer medications with the intention of ending a patient life. The law also specifies that patients must take the drug themselves. Nurses may, however, be present to support the patient and family throughout the process however, remember that patients cannot ingest the drugs on the premises of UCSD.

For more information, UCSD has a medical center policy available as a reference, **MCP 383.2** - California End of Life Option Act: Physician Aid in Dying. There is also a 5 minute instructional video on aid-in-dying posted on the PULSE intranet.

*Source: Cassia Yi, Lynette Cederquist*